



Gold Medal Schools

Fall Newsletter 2006

For more information, please talk to your principal or visit www.hearhighway.org/gms


What We're All About

Gold Medal Schools (GMS) is working to improve the health of Utah's kids. Your school is making changes to create a healthier atmosphere for your students and staff. After all, studies show that healthy kids make healthy learners.

GMS have safe routes to school, offer healthy food choices, encourage physical activity, fight tobacco, and reward kids with non-food prizes. Each school determines the pace of the program

with help from mentors, principals, a teacher or PTA member, food service staff, and local and state health departments.

Don't just take our word for it! Read some of our schools' successes on our GMS of the Month webpage at www.hearhighway.org/gms/month.



Mission:
Creating opportunities for students to eat healthy, be active, and stay tobacco-free



The 2006-2007 school year marks Gold Medal Schools' sixth year in elementary schools.

To this point 264 schools, 131,213 students and 5,940 teachers have participated in Gold Medal Schools.

We are proud of all the changes our schools have made to improve the health of their students.



What You Feed 'Em Affects Their Grades



There are plenty of things parents can do to make sure their GMS kids are eating right and improving their odds of bringing home better grades and building self-confidence.

Making sure they eat breakfast is the most important. Studies show people who eat breakfast have more strength and endurance, concentrate better, solve problems more easily and maintain their weight better. On the flip side, people who skip breakfast often feel irritable, tired and restless in the morning.

Quick Breakfast Options

- Whole-wheat pita stuffed with sliced hard-cooked eggs
- Lean ham on a toasted English muffin with vegetable juice
- Bran muffin and yogurt topped with berries
- String cheese rolled into a whole-wheat tortilla
- Toasted waffles topped with peanut butter
- Cheese pizza and a glass of orange juice
- Cereal topped with sliced banana and yogurt

Welcome New Schools

We would like to welcome all of our new schools* in each School District, and wish them luck as they go for the gold. You can see a list of all Gold Medal Schools by visiting our [website](#).

Alpine

Alpine Elementary
Eagle Valley Elementary
Orem Elementary
Saratoga Shores Elementary

Box Elder

Century Elementary
Discovery Elementary
Foothill Elementary
McKinley Elementary
North Park Elementary

Cache

Lewiston Elementary
Nibley Elementary
Summit Elementary
Sunrise Elementary

Davis

Clinton Elementary
South Weber Elementary
Sunset Elementary
Tolman Elementary
Whitesides Elementary

Emery

Book Cliff Elementary

Granite

Magna Elementary
Oakwood Elementary

Jordan

Butterfield Canyon Elementary
Daybreak Elementary
Willow Springs Elementary

Logan

Bridger Elementary
Ellis Elementary

Millard

Delta North Elementary

Murray

Liberty Elementary
Viewmont Elementary

Nebo

Larsen Elementary
Sage Creek Elementary

Ogden

Gramercy Elementary
Horace Mann Elementary

Provo

Canyon Crest Elementary
Edgemont Elementary

Salt Lake

Ensign Elementary
Guadalupe School
Lincoln Elementary
North Star Elementary

Tooele

Anna Smith Elementary

Wasatch

Old Mill Elementary

Washington

Arrowhead Elementary
Coral Cliffs Elementary
Panorama Elementary
Santa Clara Elementary
Three Falls Elementary

Wayne

Hanksville Elementary

Weber

H. Guy Child Elementary
Hooper Elementary
Majestic Elementary

Charter Schools

Channing Hall Elementary
Summit Academy

Private Schools

Trinity Lutheran School

* New Schools as of 9/20/06

Check out McKayne Moss' breakfast recipe. McKayne is a student at Cottonwood Elementary, a GMS, who submitted the recipe for last year's 5 A Day Recipe Contest.

Learn how your child can enter their recipe in this year's contest by visiting www.hearthhighway.org/five!



Fruit and Cheese Breakfast Pitas

6-8 whole wheat pita pockets, cut in half
One 8-oz. container of low-fat vanilla yogurt
1 cup grated cheddar cheese
1/2 cup shredded coconut
3 large bananas, peeled and sliced
1 11-oz. can mandarin oranges, drained
1/3 cup pecan gems or chopped walnuts (optional)
In medium bowl, mix yogurt and cheese together.
Add remaining ingredients and stir thoroughly.
Spoon mixture into pita pockets, serve and enjoy!

Energy To Burn

Use this chart to help you determine what type of activity you will need to do and the amount of time you will need to do it to burn the calories you are eating.

Food	Serving Size	Calories	Minutes of activity needed to burn calories	
			Walking, 4 mph	Running, 8 mph
Bagel	1 each	195	41	15
Banana	1 medium	105	22	8
Candy Bar	1 each	280	59	22
Chips	11 chips	140	29	11
French Fries	Medium	370	78	29
Green Beans	1/2 cup	22	5	2
Ice Cream	1/2 cup	133	28	10
Orange Juice	1/2 cup	52	11	4
Peach Halve	1 each	45	10	4
Pizza	1/8 of 12"	181	38	14

*Remember, you don't have to burn all the calories you eat by walking or running. About 60% of the calories you use each day are for basic body functions such as breathing and circulating blood.

It's Easy to be Active With Your Kids

- Walk someplace fun - to a friend's, the park or the store
- Bring the zoo to you - walk, run and jump like different animals
- See how many jumping jacks you can do in one minute
- Do chores around the house to help your muscles grow
- Get moving by playing "Hot Potato" with a beanbag
- Play hopscotch. Make a court with chalk (outside) or masking tape (inside)

Red Ribbon Week

GMS is gearing up for this year's *Red Ribbon Week: October 23rd-31st*. We are asking our students to take a Smoke-Free Home Pledge to protect their homes from the dangers of secondhand smoke by visiting www.epa.gov/smokefree/pledge. The website includes:

- A Smoke-free Home Pledge Certificate to display in your home
- Tips on keeping a smoke-free home and car
- Information on how to order the Smoke-free Home Kit

Exposure to secondhand smoke can cause children to develop asthma, bronchitis, pneumonia, other respiratory infections, and ear infections. Make sure to keep the air your family breathes in clean and healthy!

We all need calories for energy. But we also need to be smart about our calories by eating foods and drinks that have lots of vitamins and minerals in addition to calories. Choose foods like fruits and vegetables, whole grain bread, and low-fat milk over foods with empty calories such as soda, candy, and french fries whenever you can. Your body will work better and you will have more energy by eating healthy food daily and having a treat rarely or on special occasions.

Try these healthy snacks:

- Apple slices dipped in yogurt
- Half cheese quesadilla with salsa & lettuce
- Whole-wheat english muffin topped with tomato sauce and mozzarella
- Hummus and whole grain crackers

